

## Polenta Con Chile y Queso

Submitted by  
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*This vegetarian main  
dish is flavor and  
fiber rich*



### Health Tip

The beans and cheese make this dish rich in protein, therefore it is great as a meatless main dish. Serve with a salad or steamed broccoli for a light evening meal.

### Nutrients per serving:

Calories: 208

Protein: 10.6 g

Fat: 4.3 g

Saturated fat: 2 g

Cholesterol: 8 mg

Sodium: 699 mg

Fiber: 5.7 g

Carbohydrate: 33.7 g



42



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Preparation time: 15 minutes

- 4 cups water
- 1 1/2 cups polenta, uncooked or corn meal
- 1 11-oz. can whole kernel corn, mixed with green and red peppers, drained
- 1 7-oz. can green chiles
- 1/2 teaspoon salt
- 1 tablespoon butter or margarine
- 6 oz. reduced fat cheddar cheese, shredded
- 1 15-oz. can black or pinto beans, rinsed
- cilantro sprigs
- 1 red bell pepper cut into rings

In a medium sauce pan, bring the water to a boil. Gradually add the polenta, stirring constantly. Reduce heat to low. Continue stirring, add the corn, chiles and the salt. Cook 6-8 minutes or until polenta thickens, stirring occasionally. Gently stir in the butter, cheese and beans. Remove from heat and transfer to a serving dish. Garnish with red bell pepper rings and cilantro.

**Serves:** 8

Serving size: 1 cup

Estimated cost per serving: \$0.40